

## HERBY

# MUSHROOM SOUP

SERVES 4

PREP TIME: 20 MINUTES

COOK TIME: 35 MINUTES

- 1 tablespoon (14 g) ghee
- 6 oz (170 g) shallots, chopped
- 3 medium stalks celery, chopped
- 2 tablespoons (30 ml) olive oil
- 2 large cloves garlic, minced
- 12 oz (340 g) brown mushrooms, chopped
- 4 oz (110 g) white button mushrooms, chopped
- 4 oz (110 g) shiitake mushrooms, chopped
- 1 teaspoon finely chopped fresh rosemary
- 2 large sprigs fresh thyme
- Pinch sea salt
- Pinch black pepper (optional)
- 2 tablespoons (30 ml) sherry vinegar
- 5 cups (1.2 L) rich beef bone broth
- 2 cups (120 g) roughly chopped fresh flat-leaf parsley
- 1 cup (64 g) roughly chopped fresh dill

### TO SERVE

- ¼ cup (60 g) coconut cream or yogurt
- ¼ cup (12 g) chopped chives

**This is a creamy, nutritious soup with three different mushrooms—and a tasty treat for you and your microbiome. Here you can choose to include black pepper and/or ghee: The pepper adds a spicy kick to the soup. Ghee will enrich it and add extra fat-soluble nutrients. Dr. Sarah Ballantyne has written extensively on the benefits of fungi, even elevating them to their own essential food group. So, dig in!**

Heat the ghee in a large pan and add the shallots. Sauté over low heat for 5 to 6 minutes, or until softened. Add the celery and cook for 3 minutes. Add the oil with the garlic, mushrooms, rosemary, thyme, salt, and black pepper (if using).

Raise the heat to medium and continue cooking for 8 to 10 minutes, stirring frequently, until the mushrooms soften and release some of their juices.

Pour in the sherry vinegar. Scrape the sediment off the base of the pan and incorporate this into the mushroom mixture to add flavor to the soup. Pour in the broth and bring to a simmer. Cover and simmer for 10 minutes.

Remove the pan from the heat and add the parsley and dill. Allow to sit for 1 to 2 minutes until wilted. Discard the thyme sprigs. Transfer the soup to a blender and blitz until smooth. You will need to do this carefully in batches or use an immersion blender. Taste and adjust the seasoning if needed.

To serve, ladle into bowls, add a swirl of coconut cream together with a good pinch of chives.

Black pepper and/or ghee

AIP COMPLIANT Sub extra virgin olive oil or other fat for ghee.

FREEZER-FRIENDLY Yes

LOW FODMAP No

COCONUT-FREE Omit cream swirl.

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